

International Day of Yoga

On 21st June 2020, KLU Alumni Association organized. International Day of Yoga (IDY) virtually initiated by 1989-93 CSE Batch Alumni Ms K Aruna Kumari. Project Leader, Infosys, Bengaluru in association with "The Art of Living" designed by Gurudev Sri Ravi Shankar garu.

The word 'yoga' is derived from Sanskrit and means to join or to unite, symbolising the union of a person's body and consciousness. "Yoga is an ancient physical, mental and spiritual practice that originated in India. For all age groups YOGA is very much useful in decision making, working in a stressful environment, dealing with difficult people, managing your relationships, or keeping your body and mind healthy and fresh.

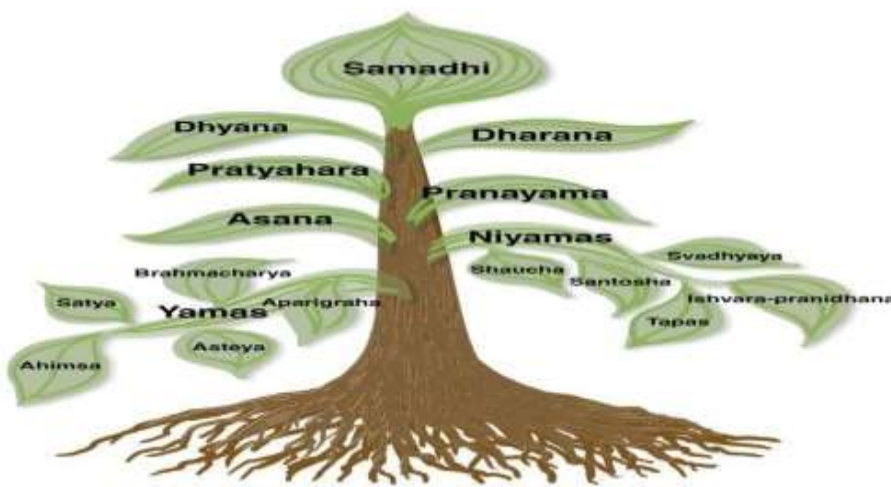
There are as many ways to practice yoga as there are to unite with bliss and enlightenment. Gurudev told briefly about four primary types of yoga: karma, bhakti, jnana, and raja. yoga and their benefits.

Karma yoga is the path of service through selfless action for the good of others - for example, Mother Teresa's works to serve poor people as a way to connect the compassion of God with humanity. and many practice karma yoga by cooking and cleaning or providing other voluntary service for others.

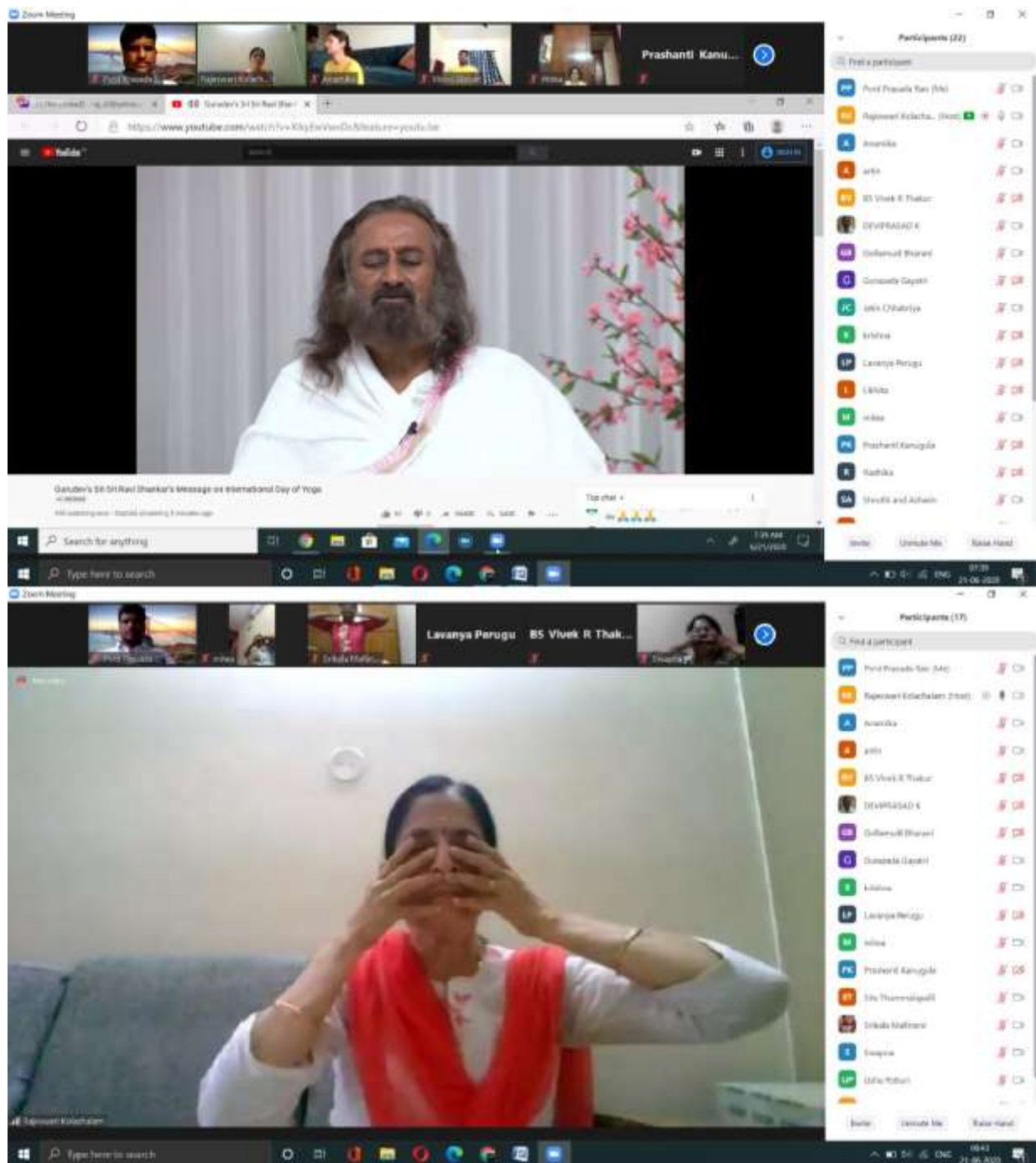
Bhakti yoga cultivates the expression and love of the Divine through devotional rituals. Forms of this path include regular prayer, chanting, singing, dancing, ceremony, and celebration. For example, bhakti yoga is practiced and shared in the uplifting music of renowned kirtan (devotional chant) vocalist and spiritual leader Krishna Das.

Jnana yoga is the path of intellect and wisdom, and its components include study of sacred texts, intellectual debates, philosophical discussion, and introspection. Socrates was a jnana yogi, as are modern-day yoga scholars such as David Frawley and Ravi Ravindra.

Raja yoga, also known as the "royal path," refers to the journey toward personal enlightenment. This path consists of balancing the three main yoga types just described - karma, bhakti, and jnana - while integrating the eight limbs, or stages, of yoga (for further discussion, see the sidebar titled The Eight Limbs of the Royal Path). Hatha yoga is represented as a combination of the third and fourth limbs of the royal path - that is, asana and pranayama (see below figure and the sidebar about the eight limbs).



Ms Aruna Kumar 1989-93 Batch ,Dr PVRD Prasada Rao (1990-94) CSE participated with Gurudev



Zoom Meeting

Recording

Participants (22)

Join a participant

- Puri Prasada Rao (24)
- Rajasekar Subashan (24)
- DEVIPRASAD K
- Indira
- Sita Thennalagudi
- Sita Reddy
- Aravinda
- arshi
- BS Vivek R Thakur
- G. GANESAN
- Gollamudi Bharani
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Zoom Meeting

Recording

Participants (22)

Join a participant

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Participants (16)

Join a participant

- Puri Prasada Rao (24)
- Rajasekar Subramanian (24)
- Kranika
- arlin
- BS Vivek R Thakur
- DEEPAKAD K
- Gollamudi Bharani
- Gollamudi Gayatri
- arlin Chakraborty
- Kranika
- Lavanya Perugu
- india
- Prashanti Kanugula
- Sri Thyagarajulu
- Sridhar Reddy
- Sreppa

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Zoom Meeting

Recording

Participants (17)

Join a participant

- Puri Prasada Rao (24)
- Rajasekar Subramanian (24)
- Kranika
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- BS Vivek R Thakur
- DEEPAKAD K
- Gollamudi Bharani
- Gollamudi Gayatri
- arlin Chakraborty
- Lavanya Perugu
- india
- Prashanti Kanugula
- Sri Thyagarajulu
- Sridhar Reddy
- Sreppa
- Lina Reddy

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